ALERT

PeriPAN WEBINAR

Now Available On Demand:

Supportive Strategies for Nutrition, Weight Concerns, and Hyperemesis Gravidarum in the Perinatal Period

Register Here

Scan the QR Code or
Register using this link



Karen Horst, MD

Presenting from Baylor College of Medicine

Learning Objectives

- Identify evidence-based interventions that address the intersection of mental health symptoms and nutrition during pregnancy and postpartum.
- Discuss disordered eating, body image concerns, and weight expectations during the perinatal period.
- Describe the relationship between hyperemesis gravidarum and mental health symptoms.
- Apply patient-centered, trauma-informed communication strategies when discussing weight and nutrition with perinatal patients.
- Collaborate with members of the interprofessional healthcare team to screen, refer, and coordinate care for perinatal patients with disordered eating, body image concerns, nutritional needs, or hyperemesis gravidarum.

If you have CME/CEU questions, please email OPDACE@TTUHSC.EDU for assistance.

Credit Designation Statements

View the full credit designation information here.
Effective dates: September 4, 2026 - September 3, 2029
This accredited activity may be completed once every 12 months.
Please review this document for instructions on how to claim credit.

Accreditation Statement

In support of improving patient care, Texas Tech University Health Sciences Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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tcmhcc Texas Child Mental Health Care Consortium | PeriPAN Perinatal Psychiatry Access Network

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